

 MONTGOMERY COUNTY <i>Recreation</i>		<h1>Kennedy Shriver Aquatic Center</h1> <p>5900 Executive Boulevard, N. Bethesda, MD 20852 • (240) 777-8070 • <a href="http://www.montgomerycountymd.gov/rec">www.montgomerycountymd.gov/rec</a> Montgomery County Recreation - Aquatics Section</p> <h2>2014 Summer Pool Use Schedule • June 14, 2014 - August 17, 2014</h2>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 8:30 AM <b>Early Bird Lap Swim</b> (Swim Team 5:30 - 7:00 AM • Dive Team 7:30-8:30 AM • Deep Water Running Available)					8:00 - 9:30 AM Early Bird Lap Swim Deep Water Running Available	
8:30 -12:00 PM <b>Mid Mornina Swim</b> Water Exercise Classes • MCR Swim Lessons • Dive Camp • MCRD Camp Lap Lanes Available • Deep Water Running Available					8:00 AM -1:00 PM MCR Lessons Safety Training Swim & Dive Team	
12:00 - 3:00 PM <b>Noon Recreational Swim</b> Lap Lanes Available • Water Exercise Classes • Deep Water Running Available (Rec Area in Main Pool opens 12:30 PM Tues/Thurs) Slide Open					1:00 - 4:00 PM <b>Recreational Swim</b> All Facilities Open (Except Diving Platform) Lap Lanes Available Deep Water Running Available	
3:00 - 5:00 PM <b>Afternoon Lap Swim</b> Lap Lanes Available • Deep Water Running Available					4:00 - 5:00 PM <b>Adults Only Laps</b> Deep Water Running Available	4:00 - 9:00 PM  <b>SCUBA</b>
5:00 - 7:00 PM MCR Lessons • Swim Team • Dive Team • Deep Water Running Available Limited <b>Adults Only</b> Shallow Lap Lanes Available (5:00 - 7:00 PM)						
7:00 - 8:30 PM <b>Evening Recreational Swim</b> Leisure Pool & Slide Open • Lap Lanes Available • Deep Water Running Available						
8:00 - 9:30 PM Dive Team	7:30 - 9:30 PM Water Exercise Adult Classes Special Classes	8:30 - 10:00 PM Water Polo	7:30 - 9:30 PM Dive Team Water Exercise Adult Classes Special Classes	Friday 7:00 - 9:00 PM		
8:30 - 9:30 PM Water Exercise		8:30 - 9:30 PM Water Exercise		Safety Training		
9:00 - 10:00 PM Late Laps		9:00 - 10:00 PM Late Laps				

This Pool Use Schedule may be changed to accommodate special events or holiday activities. KSAC will close at 6:00 PM on July 4th.

**CHECK POSTED NOTICES IN THE CENTER LOBBY.**



# Kennedy Shriver Aquatic Center

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Montgomery County Recreation - Aquatics Section

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## PUBLIC USE TIMES

### Recreational Swim

General swimming for all ages (except where noted) with the following facilities open: Lap Lanes, Leisure Pool, Exercise Room, Hydrotherapy Spas, and Saunas. See Water Slide times below.

### General Recreational Time

Monday - Friday	12:00 PM - 3:00 PM
Monday - Thursday	7:00 PM - 8:30 PM
Friday	7:00 PM - 9:00 PM
Saturday & Sunday	1:00 PM - 4:00 PM

### Weight & Exercise Room/Saunas

**Adults Only: 14-17 if accompanied by an adult.**

Youths (14-17) must have a permission slip on file. Youths need to keep their copy with them while using the weight room.

Monday & Wednesday	6:00 AM - 10:00 PM
Tuesday & Thursday	6:00 AM - 8:30 PM
Friday	6:00 AM - 9:00 PM
Saturday	8:00 AM - 5:00 PM
Sunday	8:00 AM - 4:00 PM

### Water Slides

Monday - Friday	12:00 PM - 3:00 PM
Monday - Thursday	7:00 PM - 8:30 PM
Friday	7:00 PM - 9:00 PM
Saturday & Sunday	1:00 PM - 4:00 PM

### Deep Water Running

DWR is available during most Lap Swim times and will be offered in either the well lap lane or alcove. Please check with the Pool Operator regarding location for DWR.

### Hydrotherapy Pools

**Adults Only: 14-17 if accompanied by an adult.**

Due to frequent cleaning and maintenance that these pools require, only one may be available for use during the following hours:

*Spa A: Round Spa closest to the Locker Rooms*

*Spa B: Semi-circular Spa near the outdoor Sundeck*

Monday & Wednesday	6:00 AM - 10:00 PM	Spa A&B
Tuesday & Thursday	6:00 AM - 8:30 PM	Spa A&B
Friday	6:00 AM - 9:00 PM	Spa A&B
Saturday	8:00 AM - 9:30 AM	Spa A&B
	1:00 PM - 4:00 PM	Spa A&B
	<b>Adults Only</b> 4:00 PM - 5:00 PM	Spa A&B
Sunday	1:00 PM - 4:00 PM	Spa A&B

Spa A or B close at 8:30 PM one night a week for cleaning.

### Lap Swim

Lap Lanes are roped off at a competitive distance of 25 meters. Some lanes are entirely in deep water. Patrons should "circle" swim from right to left and should swim in a lane with other lap swimmers of compatible speed and skills.

Monday - Friday	6:00 AM - 5:00 PM	
Monday - Friday	5:00 PM - 7:00 PM	<b>Adults Only</b>
Monday - Friday	7:00 PM - 8:30 PM	
Friday	7:00 PM - 9:00 PM	
Monday & Wednesday	9:00 PM - 10:00 PM	
Saturday	8:00 AM - 9:30 AM	
	1:00 PM - 4:00 PM	
	4:00 PM - 5:00 PM	<b>Adults Only</b>
Sunday	1:00 PM - 4:00 PM	

### Diving Boards

Saturday & Sunday	1:00 PM - 4:00 PM	
Saturday	4:00 PM - 5:00 PM	<b>Adults Only</b>

Platforms are for dive team use only.

Not open to public.

### Admission Fees for Non-Passholders

(For Each Entry)

	County Resident	Non-County Resident (Weekday)	Non-County Resident (Weekend)
Children (1-17 years old)	\$4.00	\$6.50	\$7.00
Adults (18-54 years old)	\$6.00	\$7.50	\$8.00
Seniors (55 years & older)	\$4.50	\$6.50	\$7.00

### Please Note:

These are the scheduled times these facilities will be open. They may be closed at any time due to insufficient staff.

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The management reserves the right to alter the pool schedule when it is deemed necessary.

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Proper Bathing Suits Required! **NO CUTOFFS OR GYM SHORTS!** Shorts, t-shirts, and undergarments do not qualify as bathing suit attire.

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All patrons within the pool area must be attired in swimming apparel.

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Children under 10 years old must be accompanied in the pool area and cared for by an adult in swimming attire at all times.

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An ACCESS Card or Finger Scan is required for everyone entering the facility.

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Groups of 6 or more must call the facility ahead of time to schedule with a manager's approval.

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Lockers are available - **BRING A LOCK TO SECURE YOUR BELONGINGS!**

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The use of cameras, video cameras or any device containing camera equipment of any kind is prohibited in all locker rooms, bathrooms and changing areas at all times.

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Children who are not completely toilet trained must wear rubber pants.

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**For more information, visit us online at:**  
**[www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec)**